



Goombay Kickball

Cup & Hand Kickball Rules at a Glance

Full kickball league rules can be found at www.Goombay.net

Cup in Hand Rule – “The Basics”

Cup in hand always means just that—you'll be playing the game with a cup in hand, filled with the **beverage of your choice** (yes, water counts too!).

- The liquid level in your cup must **never fall below the second groove** from the top (the “2nd line”) on a standard Solo cup.
- All **active players**—whether you're in the field, at the plate, or running the bases—**must have liquid above the designated line** in their cups during play.

Cup in Hand Rule – Outfield Catch

- If a fielder makes a catch or gets an offensive player out **in any way**, but during the play **loses too much liquid** from their cup (falls below the designated line), the out does **not** count.
- The offensive player is ruled **safe**.

Cup in Hand Rule - Fielding

- If a fielder makes a play resulting in an out but is found during a cup check by the umpire to have **less than the designated amount of liquid** in their cup, the out is reversed.
- The runner who was called out will return to the **last base they legally occupied** before the out occurred.

Cup in Hand Rule – Illegal Cup Handling

- A fielder **may not** place their cup in their **mouth, armpit**, cover the top with their hand, or **set/drop** the cup to make a play.
- If any of these actions occur, the play is **immediately dead**, and the offensive player is ruled **safe** and awarded the base they were running to.

Cup in Hand Rule – Missing Cup

- If a fielder makes a play **without a cup in their hand**, the play is invalid.
- All runners are awarded the **next base**, or the base they were already running toward, at the time of the play.

Cup in Hand Rule – “Splash Out”

- If, during a cup check by the umpire, a runner is found to have **less liquid than the designated line** at any point during the play, they are ruled “**Splash Out**” and immediately **out**.
- **Cup checks** can be called by **defensive players or team captains** at the end of any play—so hold that cup steady and don't spill a drop!

Cup in Hand Rule – “No Cup, No Play”

- **On Defense:** If your cup falls out of your hand, you **cannot** grab the ball or make a throw until your cup is **back in your hand**.
Trying to make a play without it? That's a **dead play**—and a missed opportunity.
- **On Offense:** If your cup hits the ground, you **must stop**. You **cannot** advance to the next base until your cup is **securely back in your hand**.
No cup = no hustle.

Cup in Hand Rule – “Refill Crew Rules”

- Each team **must have a designated refill person** ready to top off teammates' cups when they run low. Stay ready so you don't have to get ready!
- **For Runners (Offense):** Cups may **only be refilled after the runner has safely reached a base** and has **come to a full stop**.
- **For Fielders (Defense):** Cups may **only be refilled after the play is completely dead**. No mid-play top-offs—keeps the game moving and fair for everyone!

Cup in Hand Rule – “Water Warning”

- If a **League Staff Member** or **Umpire** determines that a player is **too unruly or disruptive** due to excessive alcohol consumption, they have the authority to require that player to continue the game with **water only** in their cup.
- **Failure to comply** with this directive will result in **immediate ejection from the league**.
Play hard, have fun—but know your limit.

Team Prep Tip – “Bring the Beverage!”

It's highly recommended that each team comes prepared with a **large supply of liquid** to keep everyone's cups filled throughout the game.

While the league **may or may not provide beverages**, teams should **not rely on it**. Be sure to **bring your own** to stay in the game and avoid any "dry cup" disqualifications.

Stay ready, stay hydrated, and stay in the game!

GOOMBAY CUP IN HAND

